

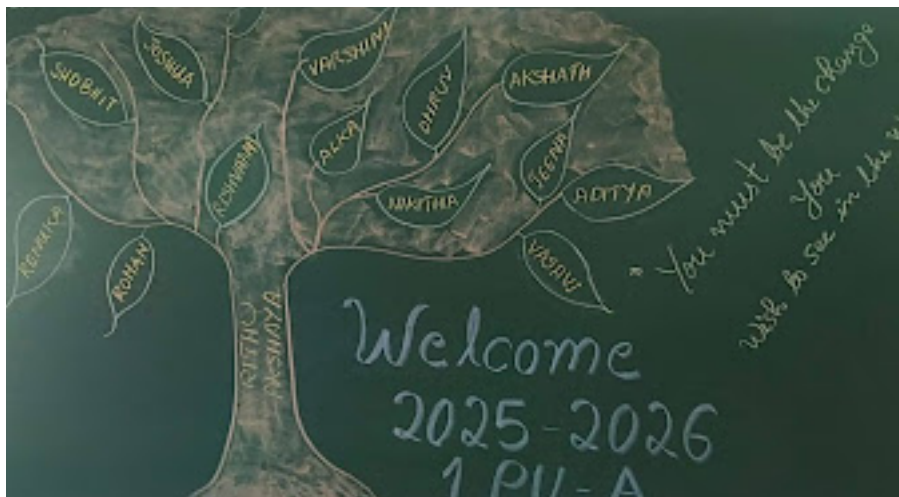


NATIONAL  
P.U. COLLEGE  
BYRATHI



**THE BULLETIN  
2025**

# CAMPUS HIGHLIGHTS



## Freshers' Day

Our college Freshers' Day was a blast. We welcome the new batch with cheers, games, and electrifying performances. From treasure hunts to dance-offs, the energy was unstoppable. The Freshers' Day treasure hunt was a perfect blend of fun, excitement, and bonding. Designed to break the ice and spark friendships, the hunt led the students through **riddles, clues, and mini-challenges** across the campus. Seniors cheered, and juniors worked together to solve riddles. More than just a game, the treasure hunt marked the beginnings of many new friendships and set the tone of a vibrant and united student committee for the year ahead.



## Parent Orientation Day

The **CMR National PU College, Byrathi**, hosted a **Parent Orientation** to foster collaboration between parents and faculty. Key discussions included student well-being, academic curriculum, and the new timetable, ensuring a balanced approach to learning and growth. The principal, **Mrs Preeti Nirmale**, and faculty members highlighted the importance of **mental health, discipline, and holistic development** while addressing parents' queries. The session reinforced our shared commitment to guiding students toward success, both inside and outside the classroom.



## Investiture Ceremony 2025: Empowering Student Leadership at CMRPU Byrathi

On **July 3, 2025**, **CMRPU Byrathi** marked a proud milestone by hosting its second **Investiture Ceremony**. Following a transparent and meticulous nomination and election process, a dynamic group of student council members was formally inducted—each bringing enthusiasm, integrity, and a spirit of service.

In a moment steeped in significance, **Dr. Tristha Ramamurthy** pinned the council badges, symbolising their official assumption of leadership. She also led the oath-taking ceremony, guiding students as they pledged their commitment to represent their peers and uphold the values of the institution.

The event celebrated not only the newly elected leaders but also the college's dedication to fostering responsible decision-makers and active contributors to the campus community.





# LEARNING BEYOND BOUNDARIES



## Leadership Bootcamp at Ekya Nava: Building Future Leaders

On **9th July**, Ekya Nava hosted an inspiring **Leadership Bootcamp**, bringing together student leaders for a day dedicated to building skills, confidence, and a spirit of collaboration. The bootcamp focused on nurturing the qualities that define effective leadership—communication, decision-making, empathy, and resilience.

Through engaging workshops, team challenges, and thought-provoking discussions, students explored what it truly means to lead with purpose. Expert facilitators guided them through activities that tested their problem-solving abilities and encouraged them to think creatively and work cohesively.

One of the highlights was the peer-sharing circle, where students exchanged ideas, shared personal goals, and reflected on their own leadership journeys.

The energy at Ekya Nava was vibrant and focused—students left feeling inspired, motivated, and better equipped to take on responsibilities in their schools and communities. The bootcamp was not just a training session, but a meaningful step toward shaping tomorrow's leaders today.







## Well-Being

July was dedicated to **Health and Wellness**, and the Well-Being Department engaged **PU students** in meaningful conversations around relationships, personal safety, and informed decision-making. The highlight was a comprehensive **Sex Education** session, designed to help students understand key concepts such as consent, healthy relationships, and how to recognise red flags in interpersonal dynamics. These discussions aimed to empower students with the knowledge and self-awareness needed to make responsible choices and navigate their personal lives with confidence and respect.

We also introduced students to the **POCSO Act** using age-appropriate language, ensuring they are aware of their rights, understand the importance of personal boundaries, and know how to seek help if needed. These sessions were handled with care, encouraging open dialogue while maintaining a safe and respectful environment.

In addition to student sessions, the Wellbeing team facilitated impactful workshops for teachers. One focused on **POCSO compliance**, helping staff stay aligned with child protection protocols, while another addressed sensitive but crucial topics such as **self-harm, body image, eating disorders, and teen relationships**. These sessions equipped teachers with practical strategies to support students effectively and empathetically.

As part of our ongoing commitment to professional growth, school counsellors also engaged in **Brief Solution-Focused Counselling** training—a student-centred approach that builds on strengths and promotes actionable change in a short time frame.

These initiatives reflect our continued effort to prioritise student well-being, ensuring that the PU community is supported, informed, and prepared to navigate the challenges of adolescence with clarity and confidence.



# PROFESSIONAL DEVELOPMENT

We have been conducting a series of focused bootcamps for staff members on **leveraging AI tools** and exploring practical applications of AI in day-to-day workflows across roles. Our **Pre-University educators** participated in a **Professional Development Day** to upskill themselves on 'Student Engagement.' We conducted a three-day in-person [workshop and field immersion](#) for candidates of our Postgraduate Diploma in **Early Childhood Education**. Held at the **CMR University City Campus**, the experience combined hands-on learning, peer collaboration, and real-world application of theory.

We have officially opened applications for the [ReThink Educator Certification Program](#), a three-month virtual learning journey designed for aspiring and in-service educators to deepen their understanding of progressive education practices.



# STUDENT EDGE

## The Exhausting Art of Being Liked

We all want to be liked—that's human. But somewhere along the way, trying to be likable became a full-time job. We tweak our personalities like social media profiles, filtering out anything that might not "perform" well. The scary part? The more we try to be universally appealing, the less anyone really knows us.

### The Performance We Can't Quit.

Every day we're handed invisible scripts, maybe it's the role we have disguised ourselves to play or small white lies we have said to "keep the conversation going". The truth is, we've been conditioned to "perform" since the first time we realised some parts of us got rewarded while others got sidelined. Maybe it was in middle school when you noticed all the "cool kids" liked a certain show, music artist, or interest/hobby, and you pretended to like it too, or the total opposite—denying it completely just to "stand out" when you wanted it too.

Maybe it was when you held back your real self when you saw how others were treated for not doing the same. Now, years later, we have become so good at masking ourselves and putting on quite a show that we don't realise we're even doing it anymore—It has quite literally grown into our skin. But here's the bitter irony: The better we get at putting on these masks and being "likeable", the less we truly feel liked. Sure, we might make friends, but we still feel lonely. We have racked up inside jokes but rarely share what we really feel on the inside. This explains the void we feel, it's that moment when you're surrounded by laughter but feel completely alone – when you realize you could disappear, and no one would notice the real you was gone. Laugh away the pain, they say, but only you know how it hit you. This is why the void persists. You've taught people to love your mask so thoroughly that now, you even struggle to find the person beneath it. We scroll through hundreds of contacts yet feel an existential vacuum – because being known by everyone often means being understood by no one. The more perfect our performance, the emptier we feel.

### So why can't we quit?

- **The prison of our own making**
  - We've spent years building this persona brick by brick.
  - We've trained other people to expect this version of ourselves
  - We've forgotten our own blueprint
- **The fear of the blank space**
  - We have forgotten who we are without the mask and the performance.
  - and we often question ourselves—"what if the real me isn't enough," and it keeps us trapped in the role
- **The comfort of the cage**
  - Putting on this performance is miserable, but it is predictable. And authenticity means risking the new rejections instead of the usual ones. So, at least the mask is a familiar burden

### Finding Yourself: The art of coming home to who you truly are

Let's be real—you've been faking it. We all have. You know the script: laugh at the right jokes, nod at the right opinions, hide the weird stuff that makes you you. But that hollow feeling? That's the cost of a life spent performing. We spend so much of our lives trying to fit in—moulding ourselves to be what others want, editing our personalities to avoid judgment and performing versions of ourselves that feel "acceptable". But somewhere along the way, we lose touch with, who we are beneath all those layers. Here's the raw truth: you won't "find" yourself—you'll uncover what's been buried under YEARS of "shoulds" and "supposed tos". It will piss people off, the ones who liked you better when you were convenient. You'll feel stupid at first, almost like a baby deer learning to walk on new legs. But the performance didn't happen overnight— and neither will the freedom.

Finding yourself isn't about some grand, life-altering revelation... It's about:

- Paying attention to what truly lights you up (not just what gets applause or attention)]
- Trusting parts of you that you have been told are "too much" or "not enough"
- Letting go of identities that never fit you in the first place

This isn't a one-time discovery—it's a daily practice of choosing you over the expectations, the noise, and the fear of not belonging.

The journey back to yourself starts with just a simple yet radical question:  
"If no one were watching, judging, or praising me—who would I be?" me or my virtual image ...



**Sharon Singaram**  
|| PUC PCMC



# LEADERSHIP CORNER

## Why Focus Matters in Life

In a world constantly buzzing with noise, alerts and endless distractions, the ability to focus has quietly become one of our most valuable strengths. With screens competing for our attention and multitasking becoming the norm, it's easy to feel pulled in every direction. But focus helps us cut through the chaos. It brings clarity, intention, and a steady path forward.

### What Focus Really Means

Focus isn't just about noticing something—it's about choosing it. It's the decision to give your full attention to what truly matters. Picture a flashlight in a dark room: when the beam is steady, everything becomes clear. When it flickers, nothing is seen properly. The same goes for your mind. A focused mind is calm, sharp, and truly powerful.

### The Power of Staying Focused

- **Guides Your Goals:** Focus helps you tune out the noise and make steady progress towards what really matters.
- **Boosts Productivity:** One task done with full attention is worth far more than five done halfway.
- **Reduces Stress:** Focus creates order. When your mind is clear, so is your mood.
- **Builds Mental Strength:** Staying focused—especially when it's hard—trains patience and discipline.

### How to Improve Focus

Begin with simple actions. Set clear goals. Silence your phone. Try the Pomodoro Technique—25 minutes of deep work, followed by a 5-minute break between tasks to refresh your mind and maintain energy.

### Key Insight

Focus isn't just about getting things done. It's about living with purpose. In a world full of noise, your ability to focus is a powerful inner strength. Nurture it—and let it guide you forward.



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